



ROSE CENTER FOR
BARIATRIC SURGERY
NEWSLETTER



Michael Snyder, M.D.

DenverBariatrics.com

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Hot Topic End Nighttime Snacking!

Is nighttime snacking plaguing you? Many people can follow their eating plan all day, only to have it crumble at night.

It's important to become aware of the reasons why nighttime eating is occurring. Is it out of boredom? Is it your way of unwinding from the day? Do you not eat enough in the day and need to catch up?

Whatever the cause, we want to look for alternative coping strategies. Instead of snacking maybe try taking a walk, putting a puzzle together, picking up a class, becoming involved in a favorite hobby, etc. Anything that uses your hands and your mind is a great start!

For many, watching television may be a nice way to end your day. However, it can also be a set-up for you to indulge in nighttime eating.

Another consideration might be that you are eating dinner too early? Try eating a planned snack about an hour before bed to see if this reduces the problem. If it's just a habit, try to exchange it for a healthier habit. Figure out if you need to be doing something with your hands to keep yourself busy or chewing on something to distract yourself.

Here are some tips to help curb the temptation:

- **Log your food.** If it goes in your mouth, log it. This gives you more accountability and helps you avoid mindless eating. Some people suck on ice to help keep their mouth busy and reduce the ability to snack.

- **Keep a journal.** Write down your emotions and what is bothering you or on your mind. Many times if you can figure out what may be causing stress, you'll find the reason why you want to eat.

- **Engage your senses.** Bypass your taste buds and stimulate your other senses. Immerse yourself in a hot bath or brush your teeth with peppermint toothpaste to give your mouth a clean, fresh taste and help reduce your nighttime eating.





- **Exercise.** If you aren't someone that likes to exercise in the morning, consider becoming an evening exerciser. By saving your exercise for the evening, it could be a great way to avoid nighttime emotional eating, which could lead into a binge. Also, exercise gets your mind off of food and focused back on to the goals that you want to accomplish.

Nighttime eating can sabotage many people. Remember we're always here to help you navigate through these obstacles. Try some of these tips, but don't be afraid to use your support systems as well!

Hilary Rounds, RDN, CDE, NASM-cpt
Hilary.Rounds@Sodexo.com or call 303-779-9355



Pre-Operative & Post-Operative Classes – September 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|-------|-----|-----|
| 30 | Aug 31 Post-Op Teleconference for 1, 3 & 6 Week 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM | 1 Band Post-Op Class (in person) 1 week – 11AM 1 st Fill -11:30AM | 2 Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 11am – 1pm | 3 | 4 | 5 |
| 6 | Labor Day! NOTE: NO Classes or Support Groups | 8  Pre-Op Surgery Teleconference 8:00am Band Post-Op Class (in person) 1 week – 11AM 1 st Fill -11:30AM | 9 Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 5pm-7pm | 10 | 11 | 12 |
| 13 | 14 Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM Post-Op Teleconference First Fill – 5:00pm | 15 Band Post-Op Class 1 week – 11AM 1 st Fill -11:30AM | 16 Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 11am – 1pm | 17 | 18 | 19 |
| 20 | 21 Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM | 22  Pre-Op Surgery Teleconference 8:00am Band Post-Op Class (in person) 1 week – 11AM 1 st Fill -11:30AM | 23 Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 5pm-7pm | 24 | 25 | 26 |
| 27 | 28 Post-Op Teleconference for 1, 3 & 6 Week: 8:00AM Post-Op Classes 6 Month – 9:00AM 6 Week Solid Food – 2:00PM | 29 Band Post-Op Class (in person) 1 week – 11AM 1 st Fill -11:30AM | 30 Bypass, Sleeve & D-Switch Post-Op Class (in person) 1 week – 8:00AM 3 week – 9:30AM Pre-Op Surgery Class 11am – 1pm | Oct 1 | 2 | 3 |

Rose Bariatric Center Group Classes via Phone

FREE distance **teleconference** classes

M Pre-Operative Surgery Nutrition Class Teleconference

Date: 2nd and 4th Tuesdays of the month at 8am
Instructor: Hilary Rounds, Registered Dietitian
Register: RSVP to Hilary.Rounds@Sodexo.com
Description: This is a required class designed to give you the knowledge and skills needed for success after surgery and ensure you have the necessary information to prepare for your surgery.

Post-Operative Nutrition Class Teleconference

Date: Mondays at 8am for 1, 3 & 6 Weeks Post-op
Instructor: Hilary Rounds, Registered Dietitian
Register: No Pre-Registration Required
Description: Critical to your continuing success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment!

Back to Basics Class Teleconference

Date: 2nd Tuesday of the month at 5pm
Instructor: Angie Mariotti, Registered Dietitian
Register: RSVP to DenverWellnessAndNutrition@gmail.com
Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the "Rules of the Tool." Reinforce your new lifestyle, establish good habits and re-energize your success.

1st Fill Class Teleconference

Date: 2nd Monday of the month at 5pm
Instructor: Angie Mariotti, Registered Dietitian
Register: RSVP to DenverWellnessAndNutrition@gmail.com
Description: Review the "Rules of the Tool" and become more educated on how to use your band effectively. Learn to recognize if the band fill is too tight or too loose and gain new strategies to prevent complications.



Rose Bariatric Center Buddy System

Are you interested in having a bariatric buddy who can relate to you? Would connecting with someone in your area support you in your weight loss journey? If you are interested in this program, please contact Hilary.Rounds@sodexo.com for more information.

We are looking for additional Bariatric Buddy Mentors! To qualify, you should be at least one year out from your surgery. We are looking for men and women who have had lapband, gastric bypass, gastric sleeve, and duodenal switch procedures. Please contact Hilary.Rounds@sodexo.com to join our Mentor team.

Access all teleconference classes via phone



Online: [HCA.pgimeet.com/RB1](https://www.hca.pgimeet.com/RB1)

Telephone: 1-866-214-0726

Access code: 407555#



Post-Operative Support Groups & Fitness – September 2015

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|-------|-----|---|
| 30 | Aug 31 Note: 5 th Monday – NO SUPPORT GROUPS TONIGHT! | 1 | 2 | 3 | 4 | 5 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am |
| 6 | 7 Labor Day! NOTE: NO Classes or Support Groups | 8 Back to Basics Teleconference 5 PM RSVP: DenverWellnessand Nutrition@gmail.com | 9 Back to Basics Post-Op Class 11 AM RSVP: Hilary.Rounds@ Sodexo.com | 10 | 11 | 12 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am |
| 13 | 14 Gastric Sleeve & Duodenal Switch Support Group (in person) 6:30pm – 8:00pm Note: <i>Also available</i> <i>online via GlobalMeet</i>  | 15 | 16 Rose Menu Planning Class: Lunch on the Fly (details p. 8) 6 PM Where: Rose Bariatric Classroom, POB #1 Ste 650 RSVP Required: Hilary.Rounds@Sodexo.com | 17 | 18 | 19 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am |
| 20 | 21 Back to Basics Post-Op Class (in person) 6:30pm RSVP Hilary.Rounds@ Sodexo.com | 22 | 23 | 24 | 25 | 26 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am |
| 27 | 28 Gastric Band Support Group (in person) 6:30pm – 8:00pm Note: <i>Also available</i> <i>online via GlobalMeet</i>  | 29 | 30 | Oct 1 | 2 | 3 Phoenix Fitness Free Walk Group (Details p. 10) 8:30am – 9:30am |

Rose Bariatric Center In-Person Programs

Check out the many FREE classes Rose offers at our campus!

Sleeve, Bypass & Duodenal Switch: 1, 3 & 6-Week Post-Operative Classes (required)

Date: One-week class each Wednesday at 8am; Three-week class each Wednesday at 9:30am; and 6-week class each Monday at 2:00pm

Instructor: Hilary Rounds, RDN

Register: You are automatically pre-registered!

Description: Critical to your success. Learn the different stages of your diet progression after surgery towards soft and solid foods. Expand your food choices for improved success and enjoyment!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)



Back To Basics Class

Date: 2nd Wednesday of the month at 11am or 3rd Monday of the month at 6:30pm

Instructor: Hilary Rounds, RDN

Register: RSVP to Hilary.Rounds@Sodexo.com

Description: For those 3 months, 6 months, 9 months and beyond! Bring your questions and review the "Rules of the Tool." Reinforce your new lifestyle, establish good habits and re-energize your success. Weight Plateau? Back to Basics!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)

6th Month Post-Op Class (required)

Date: Mondays at 9am

Instructor: Hilary Rounds, RDN

Register: RSVP to Hilary.Rounds@Sodexo.com

Description: This is the perfect class for a refresher of the Rules of the tool and great tips from our Registered Dietitian on ways to change up your meals and exercise. Let's keep you on track and enjoying success!

Location: Rose Bariatric Center 4545 E. 9th Ave in Denver, Suite 650 (NE corner Clermont/9th Ave, next to main hospital)



Pregnancy After Bariatric Surgery

Remember, pregnancy is not recommended within the first year following Bariatric surgery as this is a time of many changes with great nutritional demands on the body. After this time, pregnancy can be a natural and healthy part of the bariatric lifestyle. Nutritional concerns should be addressed throughout the pregnancy and appropriate weight gain monitored. Goals of the Bariatric Pregnancy Program: Achieve healthy pregnancy and newborn; start from a healthy pre-pregnancy condition; and weight and health management after delivery. For additional information please email Kim or Hilary: Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com



Young Adult Medical & Surgical Weight Loss Program (<21 years old)

Obesity is among the easiest medical conditions to recognize but most difficult to treat. Between 16 and 33 percent of children and adolescents are obese, and overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise. Contact the Rose Bariatric Program about creating a new healthy lifestyle. View the 9 News story for additional background information!

<http://www.9news.com/rss/article.aspx?storyid=128533>

Goals for the Rose Bariatric Young Adult program include: Promoting a healthy body image, fostering parental support & education about food and physical activity, and nutritional and behavioral modification. For more information visit www.RoseKnowsWeightLoss.com and contact Kim.Delamont@healthONEcares.com or Hilary.Rounds@sodexo.com

Rose Bariatric Center Free Support Groups

We offer the following programs as part of Rose Bariatric Center's comprehensive commitment to your continued success.



Gastric Bypass Support Group

Date: 1st Monday of the month at 6:30pm

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after surgery to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355



Gastric Sleeve & Duodenal Switch Support Group

Date: 2nd Monday of the month at 6:30pm

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after surgery to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355



Gastric Band Support Group

Date: 4th Monday of the month at 6:30pm (Note: not the last Monday of the month!)

Facilitator: Hilary Rounds, Registered Dietitian

Description: This group is a wonderful open forum for people before and after surgery to come and listen to others' experiences, ask questions, and build a social support network. We discuss a new topic monthly to help you stay on track and encourage participation for your success!

Location: Rose Bariatric Center
4545 E. 9th Ave in Denver, Ste 650
(NE corner Clermont/9th Ave, next to main hospital)

Contact Info & RSVP

Hilary.Rounds@Sodexo.com
or call 303-779-9355

All support groups offered in person, via phone & online!

GlobalMeet Enabled



Join us each month onsite at the Rose Bariatric Center, call in with your phone, and now participate online with your smart phone, computer or tablet.
Online attendance available for any support group or class displaying the GlobalMeet "M" logo.

Tips: successfully attend classes and groups online

- If this is your first time using GlobalMeet, be sure to log in 10-15 minutes in advance to download any software components for your browser, or find the **GlobalMeet** app in the iTunes or Google app store.
- Ensure your webcam is working properly if you wish to join in the discussion.
- Bring your questions, concerns and success stories to share!

Bariatric Recipe of the Month

Black Bean Brownies

Minutes to Prepare: 10

Minutes to Bake: 30

Number of Servings: 3

Ingredients

1 15.5 ounce can black beans, rinsed and drained

(or 1 1/2 cups cooked dried beans)

3 eggs

3 tablespoons vegetable oil

1/4 cup unsweetened cocoa powder

3/4 cup Splenda

1 teaspoon vanilla

1/2 teaspoon baking powder

1 pinch salt

1/2 cup chocolate chips



Directions

- Preheat oven to 350 degrees and grease an 8×8 pan.
- Place beans in food processor and process until mashed.
- Add eggs, oil, cocoa powder, Splenda, vanilla, baking powder, and salt. Process until smooth.
- Pour into pan and sprinkle chocolate chips on top.
- Bake for 30-35 minutes.

NUTRITION INFO

Per serving: Calories 118, Total Fat 5.8 g, Protein 4.4 g, Total Carbohydrates 13.1 g

Serving Suggestion: Add protein powder to boost the protein content and enjoy this as a lower-carb treat.

Recipe adapted from Hip2Save.com – hip2save.com/2014/03/07/black-bean-brownies/

Rose Bariatric Center Fee-Based Programs

Invest In Your Success!



Registered Dietitian Consultations Available

Our **dietitians** are experts in food and nutrition – especially pertaining to people who have had bariatric surgery. Dietitians will help promote your good health through appropriate eating habits and help you stay on track. If you have questions, have hit a weight plateau, or want assistance – we are here for you!

The goal of the dietary department is to provide medical nutritional intervention for our patients. You may contact our Dietitians for a one-on-one consult. To set up an an appointment, contact us at 303-779-9355 or email Hilary.rounds@sodexo.com

Popular 2015 Menu Planning Series is Back!

Event Date: 3rd Wednesday of the month at 6pm

Instructor: Hilary Rounds, RDN, CDE

Description: Learn what to look for when grocery shopping, gain new recipe ideas, and learn how to effectively plan your success!

Location: Rose Bariatric Center, 4545 E. 9th Ave in Denver, Suite 650
(NE corner Clermont and 9th Ave, next to main hospital).

Fee: \$25 per month. Only \$20 per month if you pre-register for 3 or more classes!

RSVP: Must RSVP with our Dietitians at 303-779-9355 or email Hilary.Rounds@Sodexo.com

| Event Date | Class Topic |
|--------------------|--|
| September 16, 2015 | Lunch on the Fly Don't let lunch pass you by, come learn about quick, nutrient-rich lunch ideas. |
| October 21, 2015 | Holiday Planning and Menus Learn how to eat during holiday parties and prepare Bariatric meals during the holiday season. |
| November 18, 2015 | Delicious Desserts Learn how to prepare yummy desserts that everyone will like and enjoy – and still fit your rules of the tool! |
| December 2015 | No Menu Planning Class in December – See you in January 2016! |

Rose Recommends: Fitness Specialists

Want an outlet for your new energy? Excited to keep your success going?

NORTH Metro Denver



Adventure Fitness Athletic Club is a bariatric and orthopedic focused facility working with pre- and post-op patients. AFAC offers:

- Personal Training
- Inside & Outside Group Classes such as Body Sculpt, Functional Training, Nordic Walk, Running Club & more (see [website](#) for list).
- State of the Art Exercise Equipment
- Dedicated Bariatric Leader & Licensed Clinical Social Worker (LCSW)
- In-house Support Groups, Massage Therapy
- Climbing Wall and Bouldering Cave

Check website for Grand Opening special.

Adventurer Membership offered for \$29.99, includes free Fitness Assessment & Body Analysis.

Location & Contact: 12301 Grant St. Suite #210, Thornton, CO 80241. 303.920.2030 option #8 or visit www.AdventureFitnessAthleticClub.com



Trainers:

Craig Shires owner of Adventure Fitness Athletic Club, is a certified Master Trainer and OTA and PTA certified as well as many other certifications, and has been serving Rose Bariatric Center since 2006. His philosophy focuses on continual life-long learning.

- **Malini Shires** is a Personal Trainer, Lifestyle and Weight Management Specialist. Malini has a passion for health and fitness, coupled with her teaching background, leading to a trainer certification through A.C.E. in 2006.
- **Corbette Soltysiak** was born and raised in Michigan and has a Bachelor's degree from Michigan State University in exercise science. She is a certified Personal Trainer through NASM. Corbette's goal is to guide and support people in getting results, confidence and to find their own love of health and fitness.

SOUTH Metro Denver



Colorado Center for Health & Sports Science (CCHSS) – Neil Wolkodoff, PhD

Description: CCHSS offers a variety of medical fitness assessments, exercise options with state-of-the-art equipment, segmental body composition assessments to aid patients in setting their overall exercise plan, gait analysis and shoe orthotic fabrication, and VO2 Metabolic testing to enable people to use personal target heart rate zones for increases results.

Fat composition testing and analysis available. Dr. Wolkodoff has worked with our bariatric patients for years and provides personalized assistance.

Instructor: Neil Wolkodoff, PhD

Location: 2468 S. Colorado Blvd, Denver, CO 80222 inside Colorado Home Fitness, Call for hours

Contact Info: visit www.cochss.com, email neil@cochss.com or call 303.596.6519.

D2K Personal Training, Darrin Kubik



Description: One-on-one personal training with Darrin Kubik, Personal Trainer, W.I.T.S. certified. Serving Rose Bariatric Center patients for over 5 years!

Location: Essential Fitness - 5425 Landmark Place, Suite 305, Greenwood Village, CO 80111

Contact Info: Call 720.333.9063, email dkubik1234@yahoo.com or www.d2kfitness.com

Cherokee Cingoranelli



Description: One-on-one personal training sessions with Cherokee, personal trainer. She can train you at your house or at her location. Cherokee has been a partner with Rose Bariatric Center for many years. Contact her directly to set up an appointment!

Contact Info: Call 303.257.3976 or email cherokeefitness@yahoo.com

Fitness Partners: CENTRAL Metro Denver

Phoenix Fitness Denver

At Phoenix Fitness our mission is to help people improve their quality of life by creating a clear path to an active and sustainable lifestyle. We educate our clients, hold them accountable, and help them overcome barriers in a supportive environment that fosters change.

Phoenix Fitness is a non-membership based company that specializes in people through all stages of the weight loss journey. We offer **one-on-one personal training**, **small group personal training**, self-paced online workouts, InBody Scan, and nutritional support. We are committed to supporting you every step of the way.

1st Class is always Free, and join the Free Saturday morning walk groups.

If you have any questions concerning fitness, how to get started or join the free walking group, please contact Geof Shuford at info@phoenixfitnessdenver.com or call 720 295 2804. Geof, Erica, Rich and the team understand and are here to help you!

Geof Shuford, Phoenix Fitness Denver



Description: Geof is an NSCA-certified personal trainer. He is a part of a top-notch fitness team whose focus and commitment is to the pre- and post-surgery bariatric client.

Instructor: Geof Shuford, NSCA Certified Personal Trainer

Contact: email info@phoenixfitnessdenver.com or call 919.621.4269.

Schedules: View class fitness schedules and meet our coaches at www.PhoenixFitnessDenver.com

Location & Contact: Central Denver (Near Sports Authority Field). 2575 W. 8th Ave.,

Denver, Colorado 80204.

Colorado Personal Fitness

Colorado Personal Fitness is founded on the principal of functional training to help our clients get the most out of their lives. We use bodyweight, TRX, bands and other fun tools to help our clients reach their goals in a safe, fun and rewarding way. We have help clients lose weight, feel great and enjoy a quality of life they deserve. 2nd Location coming soon, and we offer clients a free consult to ensure you are comfortable with us!

Sean Sewell NSCA, NPTI, TRX Certified Personal Trainer



Description: Specializing in Functional Training – programs to enhance your day-to-day life and activities. I love helping clients achieve your fitness goals!

Instructor: Sean Sewell, NSCA, TRX- Force and NPTI Certified Personal and Group Trainer

Location: Absolute Personal Fitness 12364 W. Alameda Parkway #105, Lakewood CO 80228. Also available in-home in Denver / Cherry Creek area.

Contact Info: email ptseansewell@gmail.com phone 303-886-3208 or visit ColoradoPersonalFitness.com

Share Your Story!

No matter how far along you are in your journey, your story will inspire others!

Many people are wondering whether bariatric surgery might be right for them. You are an important part of the Rose Bariatric family, and we hope you will consider helping others.

Log in to your favorite social media website, consider sharing your story and give your Surgeon a positive review. We hope that by joining us online you will also find more personal success on your journey.

Visit a few sites online today ... and help us help others! Thank you.



ObesityHelp.com – Please find your surgeon and provide a review. Consider joining the forums to meet and learn from others, and you may also share your story.



Facebook.com – Find your Rose Surgeon. Join & like their page!



How America finds a doctor.*
HealthGrades.com – Please find your surgeon and provide a great review.



Visit RoseBariatricBlog.com for the latest bariatric research. Want us to profile your story on the blog? contact us at rose.bariatrics@healthonecares.com



Vitals.com – Please find your surgeon and provide a great review.



Rose Bariatric Center Important Contact Information

**Denver Center for Bariatric Surgery
Michael Snyder, MD, FACS**

**Patient Appointments & Assistance
303-280-0900**

Office Address:

4600 Hale Parkway, Suite 340
Denver, CO 80220

Website: DenverBariatrics.com

**Rose Bariatric Center Director Kim Delamont, NP
303-320-2134**

Post-operative dietary questions?

Reach our Rose Bariatric Center Dietitians at 303-779-9355
or by email at Hilary.Rounds@Sodexo.com

Teleconference and Online Class & Seminar Access Information



Online: HCA.pgimeet.com/RB1

Phone: 1-866-214-0726

Access code: 407555#

**All Rose Bariatric Center Newsletters
available online at RoseKnowsWeightLoss.com**

Visit RoseBariatricBlog.com for News & Updates